

The Center Post

Volume 20 Issue 10

OCTOBER 2011

*The Enrichment Center
Hours of Operation:
Monday—Thursday
8 a.m.—8 p.m. and
Friday 8 a.m.—5 p.m.*

Our purpose is to connect boomers, seniors, family caregivers and veterans with meaningful educational and volunteer opportunities; increase their access to services, benefits and resources and offer tools to manage health and finances.

Attention:

Telephone Extensions at The Enrichment Center have changed.

Add a 2 in front of the extension. Example: front desk 201 is now 2201.

Alzheimer's Walk

Saturday, October 1, 2011 Depot Park

In conjunction with Downtown Jubi-Lee
Registration 10 a.m. Walk 11 a.m.

Come out & walk "in honor of" or "in memory of" a loved one.

Many families in Sanford and Lee County are taking care of their parents, spouse or other relative with Alzheimer's disease or some type of Dementia. Did you know about 5.4 million Americans suffer from this disease; however, fewer than 1.5 million are diagnosed? Every 72 seconds, someone develops Alzheimer's. This disease is expected to grow to approximately 14 million by 2050.

We need your help! We are searching for individuals, civic organizations, agencies, corporations, church groups, sports teams or anyone willing to make a difference in the lives of the victims and family members who have been devastated by this disease. For more information, call 919-776-0501, Ext. 2230.



alznc™

Alzheimers North Carolina, Inc.

*Here for you...
today and tomorrow*

Lead Sponsor: 

Fall Festival

Saturday, October 29, 2011

8 a.m.—2 p.m.

Shop for holiday gifts and for yourself.

See page 2 for details.



And...

National Make a Difference Day

We are collecting **canned food items** the month of October that will be distributed to older adults in Lee County. *See page 2 for details.*



HUNGER doesn't care how old you are.

Every day, more than 6 million older adults face the threat of hunger, forced to skip meals or subsist on inexpensive, poor quality food with little nutritional value. It's hard to recognize someone who hasn't eaten for a day, especially if that person- like a great many of seniors- is too proud or too embarrassed to tell anyone.



Hunger FACTS:

- North Carolina is ranked 9th in the United States for senior risk of hunger
- 7.3% of seniors are at risk of hunger
- 22.1% of residents reported not having enough money to buy food in the last year

As part of the national *Make a Difference Day* Project for 2011, we are collecting **canned food items** the month of October that will be distributed to older adults in Lee County.

Drop off at 1615 S. Third St., Sanford, NC



Make A Difference Day, created by USA WEEKEND Magazine, is a national day of helping others; a celebration of neighbors helping neighbors. Everyone can participate; adults, youth, civic and community groups!

If you have questions or need more information, contact Janice Holmes, Volunteer Services Coordinator, at 919-776-0501 ext. 2206.

Fall Festival

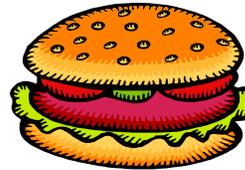
Saturday

October 29

8 a.m.—2 p.m.

Browse and purchase from more than 40 tables filled with woodcarving, jewelry, paintings, baked and canned goods, homemade soaps, candy, lotions, candles, Christmas decorations, hand-sewn items and much more!

Come out on Saturday and join us for a juicy grilled **HAMBURGER** or **HOTDOG** with all the



trimmings— chili, slaw & onions.

Chips, drinks and **Fresh Baked Goods**

will be available for purchase.



All proceeds from the sale of these grilled favorites will benefit The Enrichment Center's Helping Fund. This fund is used to assist older adults in Lee County who are in a crisis situation with food, medications and power/fuel utilities.

Diners *A daily celebration*

Join us for lunch at The Enrichment Center's Diners Club! A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better. **Menu selections include:** spaghetti & meat sauce, pork chop, BBQ chicken, baked chicken, fish sandwich, fruit, dessert and beverage. **If you are interested in having lunch with us call Carole Nicely at 776-0501 ext.**

2205 for information and to register. Contact Carole if you have a change in your lunch reservation. The following 11:00 a.m. Diners Club Programs for **October** are open to the general public:
 5th—Laurence Poindexter sings and plays guitar
 7th—Bingo
 12th—Miller Boles
 14th—Let's Dance!
 18th—10:30 am—Sassy Red Hatters
 19th—Games
 26th—10:30 am—Deep breathing for pain relief with Terry Engel
 28th—Games
 31st—Decorate your tables and dress up for Halloween

If you or someone you know is in need of a home delivered meal, contact Laurie Draughn at The Enrichment Center, 919-776-0501 ext. 2213.

Yada Yada Sisters—Tuesday, October 4 meet at Yamato's at 5:00 p.m. After our meal we will play cards at The Enrichment Center. *Our sisterhood is a network with other females in an exciting and stimulating group. It's the perfect opportunity to receive support and encouragement from a sister.* Call 776-0501 ext. 2201 to register.

A Novel Approach Book Club—Tuesday, October 11 at 12:00 noon. We will discuss Hotel on the Corner of Bitter and Sweet by Jamie Ford. A list of book selections through May 2012 is available at the front desk. Registration is not necessary and the group is open to the general public.

Card Party—Tuesday, November 1st, 2 pm—5 pm and/ or 7 pm—9 pm, \$4 per person, per session. Proceeds benefit The Helping Fund. This fund assists older adults in Lee County who are in a crisis situation with fuel, electricity and other necessities of life. **Register your tables by calling 919-776-0501 ext. 2201. Open to all adults.** Play the card games and board games of your choice. Co-sponsored by Miller Boles Funeral Home.

Let's Travel

Call 776-0501 ext. 2201 to register!
Complete details are available at The Enrichment Center.

NC State Fair

Tuesday, October 18, 2011
 Come along on our annual trip to the NC State Fair for Senior Day. Cost \$15 per person. Age 65+ free admission to the fair.

Rudy Theatre & Meadow Village Restaurant

Thursday, December 8, 2011
 "A Southern Christmas" at the Rudy Theater and southern eatin' at Meadow Village Restaurant. After our meal we will view the large light display in Meadow, NC. \$50 per person and includes show ticket, dinner and transportation aboard a chartered bus.

Pigeon Forge and Smoky Mountains

May 7—11, 2012
 Join us for 5 days and 4 nights in the beautiful Smoky Mountains. We will see four evening shows and two morning shows, including **The Smoky Mountain Opry Show, The Cirque de Chine Show, The Smith Family Show** and **The Hatfield-McCoy Dinner Show**. Price includes 4 nights lodging and 4 dinners and breakfasts. See flyer for more details. Single: \$530 Double \$410 Triple \$390



Broadway is coming to the Durham Performing Arts Center!

Wicked

**SO MUCH HAPPENED
 BEFORE DOROTHY
 DROPPED IN...**

Tickets are not on sale yet – this is an opportunity to show your interest in attending this show. Due to strict ticket purchasing guidelines, tickets **WILL NOT** be purchased until you have been contacted and payment has been made to **The Enrichment Center**. More details will be released as soon as they are available. Please sign up at the front desk if you are interested in registering for this trip when final plans are made. Tentative date of trip is early May.

919-776-0501 ext. 2201

Veteran's Remembrance Group—Wednesday, October 12 at 2:00 p.m. Open to the general public.

Nifty Noggins are fashionable head coverings for cancer patients. Come by The Enrichment Center and choose one or two of the trendy and seasonal head coverings which are made from the latest fabrics and colors. **Anyone in need of head coverings can call Carole at The Center, 776-0501 ext. 2205. Nifty Noggins Volunteers will meet Thursday, October 13 at 10:00 a.m.**

FREE Mammograms—Rex UNC Healthcare Mobile Mammography is coming to The Enrichment Center Friday, October 14. Ladies 35 and older are encouraged to register. Call the Lee County Health Department at 919-718-4640 ext. 5317.

The Enrichment Center Captain's Choice Mixed Group—Teams are formed by drawing cards and all skill levels are welcome. **9:00 a.m. Tee Time each Wednesday at Quail Ridge. \$15.00 with Cart.** Interested golfers should contact The Enrichment Center, 919-776-0501 ext. 2201. *A Golf Adventure Brought to You By The Enrichment Center!*

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for October: 1st—Southern Exposure, 8th—Bill Pollard Back Porch Country, 15th—The Fabulous Troubadours, 22nd— Bill Pollard Back Porch Country, 29th—NO DANCE.**

Ballroom Dance Lessons—FREE Monday's November 7, 14, 21, 28, December 5 & 12 at 6:45 p.m. Instructor **Judith McDonald, President of Outreach Programs US Dance** is providing this free opportunity for anyone that would like to learn to glide across the floor with confidence. Wear comfortable clothing and bring your dance or leather sole shoes. Class size is limited. Call 919-776-0501 ext. 2201 to register.

It's Showtime Folks!
The Bayberry Retirement Inn and
The Enrichment Center present:



Romeo & Juliet

Come join us for a great afternoon as The Baillie Players will perform Shakespeare's beautiful story of love and loss. Most people are familiar with the story; however, this experience will be different!

Wednesday, October 26, 2011
2 p.m. at The Enrichment Center
Refreshments Served
Call 919-776-0501 ext. 2201 to register.



Veterans Appreciation

Thursday, November 10, 2011
8 a.m.—10 a.m.

Full Breakfast—Space Limited

Reservations required.

Call 919-776-0501 ext. 2201

To show our appreciation for your service and dedication to our country, we invite you to breakfast. All veterans and current military personnel are invited at no charge. Guests are \$3.00.

Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same. - Ronald Reagan

S.A.P. Sanford Area Photographers Club—Thursday, October 20, 6 p.m. with facilitator **Bob Smith**. Come and share ideas and methods with fellow amateur photographers.



Many Thanks
To the
Brush & Palette Members
For Providing the Artwork
In Our Hallway
at The Enrichment Center

Open to the general public for all adults.

Diabetes Support Group—Liberty Home Care facilitates this group that meets the 1st Wednesday of the month at The Enrichment Center. Meetings include special speakers, information on new treatments and answers to your many questions on living a full life with diabetes. This group is for the diabetic as well as the caregivers and loved ones of diabetics. Registration is not necessary.

corner**caregiver***Dear Family Caregivers,*

It is that time of the year again that we recognize the Family Caregiver of the Year. Every caregiver is so special. Being a caregiver is one of the hardest jobs in the world. You may be a parent caring for a special child, a daughter or son to a parent; a wife to a spouse or a husband to a spouse; as a caregiver you are a hero!

Each year during National Family Caregiver Month, (November) we celebrate all those who dedicate themselves to caring for others and recognize their efforts to comfort and improve the lives of their loved ones.

Arnie Kreisberg was our 2010 Family Caregiver of the Year. Arnie cares for his wife, Lila for the past nine years. Here are some of Arnie's remarks, "When I received the award it made me sound like someone exceptional but really I'm not. Every caregiver does what I do, and often more! Every caregiver has the same worries I do...and probably more on certain days." Every caregiver juggles multiple roles. And every caregiver means the world to their loved one! Not every caregiver wins an award like this, but if you know of a family caregiver, please tell him or her they are appreciated and that you "get" it.

You get the worrying. You get the hard work they are doing. You get the love they're pouring into their loved one's world as well as the greater world at large. **We invite you to nominate someone for our 2011 Family Caregiver Award. Many of you know of families and friends caring for individuals that certainly go the extra mile. We will honor and recognize the recipient at our annual Caregiver Luncheon, November 17th. Nomination forms are available at the Enrichment Center and are due by November 3rd.**

Thanks so much! *Judi, Caregiver Advisor*

Grancare

Thursday, October 13 at 12:00 Noon**Speaker: Cindy Julich, FNP****Community Family Medicine****"Taking Care of You While Caring for Others"**

Grandparents and other relatives raising grandchildren are invited to join us for lunch and connect with others in the same or similar situations. Lunch is provided, please call 919-776-0501 ext. 2230 for reservations.

Alzheimer's Support Group Thursday, October 6 at 2:30 p.m. with guest speaker **Dana Petri, Kerr Health**. **Topic: Review of Alzheimer's Medications. Facilitators are Judi Womack and Arnie Kreisberg.** This group provides a forum for families and friends of individuals with dementia and strokes to share experiences and information; discuss mutual problems and learn coping skills.

Family Caregiving Comes Unexpected—**Let us help you make the transition...**

Powerful Tools for Caregivers is a class designed to provide you the family caregiver—with the skills you need to take care of yourself. **Mondays, October 3, 10, 17, 24 & 31. 2:00 p.m. - 4:30 p.m. No charge for Lee County Family Caregiver (contributions accepted)** For information or to register call 776-0501, Ext. 2230. Made possible by the National Family Caregiver Grant.

Caregiver Time Out - An afternoon break for family caregivers. Receive a two hour break each Tuesday 1—3 p.m. The care recipient will enjoy socialization, crafts, music, armchair exercise and much more. If you are interested contact **Judi Womack at 919-776-0501 ext. 2230**. This program is made possible by the National Family Caregiver Grant. Donations accepted.

Parkinson's Support Group—for persons with Parkinson's Disease, their family members, caregivers and friends. Wednesday, October 19 at 10:30 a.m. **Mr. & Mrs. D. Culler** share their experience with Deep Brain Stimulation. **Bob Brickhouse and Marge Kanning, Facilitators.** Open to the general public, registration not required.

Caregiver Support Group (ANGELS) Angels Now Getting Empathy, Love & Support—Gail Valentine, **Facilitator.** This group provides a forum for families and friends of individuals caring for loved ones. ANGELS share experiences and information, discuss mutual problems and learn coping skills. **We meet the 1st and 3rd Tuesday of the month at 6:00 p.m.**



The Enrichment Center
 1615 S. Third Street, Sanford, NC 27330
 919-776-0501 www.leecountync.gov/ec
 email: enrichment.center@leecountync.gov
**June 2008 Re-Certified Senior Center of Excellence by
 the North Carolina Division of Aging and Adult
 Services.**

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Be sure to tune in to The Enrichment Center Radio
 Newsletter Monday through Saturday,
 11:35 a.m. on Life 103.1 WLHC-FM.

**NOTE: Mark your calendars. Medicare
 Part D Annual Open Enrollment Period begins
 October 15 and ends December 7, 2011.**

The mission of Lee County Senior Services
 is to fashion an achievable vision of successful aging in Lee County.

Medicare Part D Open Enrollment Clinic Wednesday, October 19, 2011

Trained SHIIP Volunteers will be available to assist with
 your Medicare Prescription Drug Plan questions and
 plan changes. The clinic will be available from 9am-
 11:30am and 1pm-4pm. Medicare beneficiaries will be
 seen on a first come-first served basis.

NOTE: A list of items you will need to bring is available
 at the front desk.

Diabetes Health Fair

Saturday, Nov. 12
 9 a.m.— 12 Noon

FirstHealth Specialty Centers Building
 35 Memorial Drive, Pinehurst
 People of all ages living with diabetes and their
 families are invited to this free event.
 Registration not required.
 For more information call 800-213-3284.

We invite you to attend

Candlelight Reflections

Thursday, November 3

6:30 pm - 7:30 pm

The Enrichment Center

1615 S. Third Street, Sanford

Candlelight Reflections will honor and remember all
 those affected by Alzheimer's Disease and related
 conditions as well as all family caregivers.

Call 776-0501 ext. 2230 for complete details.



November is National
 Alzheimer's Disease
 Awareness Month &
 National Family
 Caregiver Month